

Tewksbury Senior Center

Senior Moments

175 Chandler Street • Tewksbury, MA 01876

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May 2015

Volume 07 Issue 5

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A Message From Your Director... Ashley Springman

The month of May is Older American's Month. This year, in honor of the 50th anniversary of the Older Americans Act (OAA), we are focusing on how older adults are taking charge of their health, getting engaged in their communities, and making a positive impact in the lives of others. The theme for Older Americans Month 2015 is **Get into the Act**. See pages 4-5 for more!



Some of you may have noticed that I have been making changes to the Gift Shop located at the Senior Center. Some of the old inventory has been removed from the shelves to

make room for many new and exciting items. I have introduced several new products lines, including **everyday** and **"coastal" jewelry** from *Periwinkle*, adorable **finger puppets** by *Folkmanis*, **new snacks** and **wooden signs** by Poor Boy Woodworks Inc. You can also anticipate the arrival of **garden decor** by *Timber Bay Home & Garden*, **children's toys and puzzles** from *Melissa and Doug*, more from Burt's Bees and some fun accessories for Memorial Day. I have to say that I am most excited about the new cases and displays that have been ordered to give the shop a more uniform and chic feel. Stay tuned for all for all of these exciting improvements and if you have not seen our Gift Shop come by and check it out!

I have gotten a lot of feedback since I've been at the Senior Center about the Gift Shop's current name, *Snooti Patooti Boutique*. Many folks feel that the shop could use a new name that better reflects the shop's products, clientele and its location. And what better time to change the name than now, as we introduce new products to the shop and a fresh look. I need your help so I would like to begin a **CONTEST... a prize goes out to the individual who comes up with the winning name!** If you would like to submit a new name for the gift shop, simply write it down and drop it into the suggestion box located in the Atrium. You can also email or call Jan or Ashley if you cannot make it to the center. The more ideas the better so feel free to submit more than one name and make sure to include your contact information so if you win we can give you your prize. Good luck and I look forward to hearing all your great ideas!

Lastly, I want to thank each and everyone of you who wished me congratulations on my recent marriage... It really means so much!



My Mission as Your Director: *To enhance the lives of our Senior Citizens by identifying their needs and developing programs, activities, community involvement and resources to provide them with an independent and enriched quality of life.*

Volunteer Of The Month**Anna Kemp**

When there is something to be done, Anna Kemp is always there! Anna volunteers for the GAC when needed. Just recently she helped with the penny sale. She volunteers in the craft class. The craft class ladies do a lot of charity work and Anna is often seen helping with those projects. Anna over the years has made favors for the Christmas Dinners along with her friend Dotty Kapust at times making 250 favors at a time. Anna helps with the preparation for Friends events such as yard sales, breakfast benefits, the St. Patrick's Dinner and is always found working in the kitchen on those events. She has also volunteered at craft fairs and art shows. She participates in the annual Memorial Day activities and helps with the float decorating. Anna is a member of the Swinging Seniors Chorus and accompanies her fellow Seniors at concerts in surrounding nursing homes and at the Senior Center. She is also a Red Hat Carnation Belle. Anna also attends the bone builders class, monthly afternoon dances, line dancing class and is a former student of Japanese Bunka Embroidery. And, over the years you would find her dressed in costume at a Halloween Party and helping with the decorations at a monthly dance or New Years Eve Party. Anna is an all around volunteer and active Senior Citizen who has many friends that adore her. You won't hear Anna talking about people just helping them out. She always wears a smile and greets all those she comes in contact with. Anna Kemp is a sweetheart and a wonder. She is "young at heart" and a perfect example of a re-cycled teenager...and has had several knee and hip replacements to prove it!

Submitted by Linda B.



The Tewksbury American Legion Post 259 is collecting faded, frayed, torn or otherwise unserviceable U S American flags. Retirement of American flags follows a specific etiquette. American flags will be retired following our Saturday, June 6, 2015 meeting at the Disabled American Veterans (DAV) parking lot, located at 190 Pond St. In the past we have retired as many as 2,000 flags during our formal ceremony. Retired flags are burned and the ashes are respectfully buried. **Flags may be left at the Tewksbury Senior Center, with Tewksbury Veterans Service Officer, Ms. Lisa Downey.** There are also depositories at the entrance of the Tewksbury Treasurer's office and in front of the DAV building (painted red, white and blue mail boxes).

Submitted By:
Paul C Mc Naught
American Legion Post 259
Commander

**Important Telephone Numbers for Seniors:**

Ambulance	911
Alzheimer's Association	1-800-548-2111
American Cancer Society	1-800-227-2345
American Diabetes Association	1-899-342-2383
American Red Cross	www.redcross.org
Community Teamwork	978-459-0551
Elder Abuse Hotline	1-800-922-2275

**Elder Services of the Merrimack Valley
1-800-892-0890**

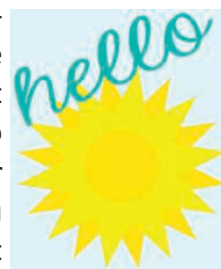
(Call this # to report Elder Abuse)

MA Office of Elder Affairs	1-800-882-2003
Medicare	1-800-633-4227
MCPHS Pharmacy Outreach	1-866-633-1617
Social Security	1-800-772-1213
Tewksbury Fire Department	978-640-4411
Tewksbury Food Pantry	978-858-2273
Tewksbury Police Department	978-640-4385

NEW... sending a smile your way!!

COA Board member Kathy Walsh has been appointed the new "Sunshine" lady. She will be sending cards to those who have experienced an injury, illness, hardship or loss. If you know of anyone who should receive a card, leave his/her name and address with Jan or Ashley and a card will be sent.

Volunteer Marilyn Hebert will be sending birthday cards to seniors reaching a decade milestone. Our birthday list reflects those who completed the town census and/or those who have signed up for a key tag at the center. If you or a loved one do not receive a card contact Jan or Ashley and we will make sure you are added onto the list for next



Council on Aging- (978) 640-4480

Ashley Springman, MS, LSW
Council on Aging Director
Aspringman@tewksbury-ma.gov

Jan Conole
Senior Clerk Secretary
Jconole@tewksbury-ma.gov

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Rnoel@tewksbury-ma.gov

Council on Aging Board Members:

Virginia Desmond- Chair

Joel Deputat- Vice Chair

Lorene Patch- Treasurer

Joan Unger- Clerk

Joanne Aldrich

Marie Durgan

Peg Keefe

Paul McNaught

Patty Sasso

Kathy Walsh

Arlene Wright

Melissa Johnson- Recording Secretary

Board of Health- (978) 640-4470

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Director of Public Health
lcclement@tewksbury-ma.gov

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Sarah Kinghorn, BSN, R.N.
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nurse@tewksbury-ma.gov

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Veteran Services- (978) 640-4485

Lisa Downey
Veteran Service Officer
vets@tewksbury-ma.gov

**** Prizes for Our Readers ****

Find a mistake in this newsletter and you can win a prize! Enter your name and the mistake you found into the plastic container on Jan's counter and you could win a gift certificate to the Gift Shop. Good luck!
The winner from last month was: **Cathy Cooney**

Thank you to all of the individuals and organizations that compose articles for this newsletter. We just ask that you submit them no later than the 15th of the previous month and keep them short & sweet. READERS: We are always looking for new and interesting material to include in our newsletter. If you are interested in submitting an item for an upcoming newsletter please see Ashley. Happy Writing!

Thank you for your suggestions!

We have received some great comments in the **Suggestion Box** located in the Atrium. Here is some feedback...

"Have COA newsletter online"- You can now find "Senior Moments" at: <http://www.tewksbury-ma.gov/council-on-aging-0>. Here, you can also find information on trips, transportation and more!

"Could Ashley and Rose coordinate their trips..."- The Golden Age Club plans the overnight trips, the Friends plans the casino trips and the senior center plans the day trips. We do the best we can to coordinate and schedule them on different days. Occasionally, we are limited to only a few dates due to the trip's nature and availability. Unfortunately we cannot accommodate everyone, but we will continue to do the best we can!

We value your suggestions so keep them coming!

TEWKSBURY SENIOR CENTER NO-SMOKING POLICY

Smoking is not permitted in or around the Tewksbury Senior Center.



Individuals may choose to smoke in a personal vehicle located away from the building or they may choose to smoke on the cement slab located in front of the small, utility shed.
Smoking is prohibited on all other areas of the Senior Center's grounds.

Thank you for your cooperation, Ashley Stuart- COA Director and members of the COA Board

DO YOU NEED ASSISTANCE WITH YOUR FEET?
SIGN UP FOR OUR FOOT CARE CLINIC

WHO: Catherine Languedoc RN BSN, CFCN
(Certified Foot Care Nurse)
WHEN: 3rd Thursday of Every Month
WHERE: Senior Center Nurses Office



WEEKLY SCHEDULE **REGULAR ACTIVITIES**

Please see pages 6 & 7 for Special Events &
changes to the weekly schedule.
See the insert for May's Lunch Menu

MONDAY	
AM 9:00 Forever Fit 9:30 Men's Yoga 10:15 Therapeutic Yoga	PM 12:40 Bone Builders #2 1:00 Bunka Embroidery 2:00 Bone Builders #1 3:30 Gentle Yoga
TUESDAY	
AM 8:30 Tai Chi 8:45 TOPS Weigh In/ Mtg. 9:30 Wood Carving 9:45 Mov'n & Grov'n Exercise 11:30- 4 Piecemakers for Charity	PM 12:30 45's 12:45 ZINGO 1:00 Independent Painting
WEDNESDAY	
AM 8:15 Bone Builders #3 9:00 Arts & Crafts 9:00 Quilting 9:30 In-house Pool Tournament 9:30 Men's Mind & Muscle 10-12 Town Nurse Office Hours 10:30 Country Line Dance Class	PM 12:30 Cribbage 12:30 Mah Jong 12:30 Stained Glass 12:40 Bone Builders #2 2:30 Gentle Yoga 2:30 45"s
THURSDAY	
AM 9:00 Diet Workshop 9:30 Wii Bowling League 9:30 Traditional Line Dance 10:30 Body Works	PM 12:30 Experienced Yoga 12:30 Whist 1:00 Oil Painting 1:00 Bunka Embroidery 2:00 Bone Builders #1
FRIDAY	
AM 8:30 Walking Club 9:00 Seasonal Décor Class 9:30 Bone Builders #3	PM 12:30 International Mah Jong

Older American Month

Submitted by Marilyn Hebert

Older American Month raises the awareness of the importance of community engagement as a tool for enhancing the wellbeing of older adults. Now is the time to **Get into the Act** to make the benefits of community living a reality for more older Americans. Together we can promote healthy aging, increase community involvement for older adults, and tackle important issues like the prevention of elder abuse.

History of Older Americans Month

When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthday. About a third of older Americans lived in poverty and there were few programs to meet their needs. Interest in older Americans and their concerns was growing. A meeting in April 1963 between President John F. Kennedy and members of the National Council of Senior Citizens led to designating May as "Senior Citizens Month," the prelude to "Older Americans Month."

Historically, Older Americans Month has been a time to acknowledge the contributions of past and current older persons to our country, in particular those who defended our country. Every President since Kennedy has issued a formal proclamation during or before the month of May asking that the entire nation pay tribute in some way to older persons in their communities. Older Americans Month is celebrated across the country through ceremonies, events, fairs, and other such activities.

Contact Your Local Representative & Senator



Representative James R. Miceli

Phone: 617-722-2305

Email: James.Miceli@mahouse.gov

Senator Barbara L'Italien

Phone: 617-722-1612

Email: barbara.l'italien@masenate.gov



More from Ashley about Older American's Month

Older adults are a vital part of our society. Since 1963, communities across the country have shown their gratitude by celebrating Older Americans Month each May. The theme of this year's celebration is "Get into the Act," to focus on how older adults are taking charge of their health, getting engaged in their communities, and making a positive impact in the lives of others.

The theme also reflects on the 50th anniversary of the Older Americans Act. President Lyndon B. Johnson signed the Older Americans Act into law in July 1965. Since that time, the Act has provided a nationwide aging services network and funding that helps older adults live with dignity in the communities of their choice for as long as possible. These services include home-delivered and congregate meals, caregiver support, community-based assistance, preventive health services, elder abuse prevention, and much more.

By promoting and engaging in activity, wellness, and inclusivity, more Americans than ever before can "Get into the Act." While we all provide support to older adults year-round, Older Americans Month offers an opportunity to emphasize how older adults can access the home- and community-based services they need to live independently in their communities. It is also an occasion to highlight how older adults are engaging with and making a difference in those communities.

I want to take this moment to thank each and every one of our volunteers... whether you realize it or not, your actions better the lives older adults, the senior center and the community as a whole. Thank you!

Stay tuned for more information on the upcoming
Volunteer Reception.

A special thank you to the Executive Office of Elder Affairs for supporting our newsletter.

Red Hat News

Submitted by Diane Joy

Whoops . . . we missed the "Who Am I?" for this month, but it will be back for next month, so stay tuned!

Happy May to all of you! The month of May includes May Day, Maypoles, Cinco de Mayo, the Kentucky Derby, and the holiday of Memorial Day. But did you know that we will gain 57 minutes of daylight for the month! On May 31st, we will have 16 hours and 13 minutes of daylight! Enjoy it as much as you can!

UPCOMING EVENTS:

- | | | |
|-----------------------|--|-------------------|
| May 4 th | Chinese Food | 6:00 PM – 8:00 PM |
| May 20 th | \$\$\$ DUE for Portland Trip. Checks payable to "Fox Tours" | |
| June 16 th | Casablanca By The Sea (Portland Trip)
9:00 AM – 6:00 PM
Lunch, Portland harbor cruise, Shopping. \$69.00 Still taking reservations!!!
Please call Cynthia Trudeau @ 978-851-9640. Sign up now! We need more people to fill the trip! This is the LAST event/trip before summer break. | |

MEMORIAL DAY PARADE FLOAT:

Volunteers are NEEDED for set up, decorating, and breakdown. Set up and decorating will take place on Friday, May 22nd. We will be meeting at the Senior Center at 8:30AM. Please contact Ginny Desmond at 978-851-3297 if interested.

Parade Day: Please wear your Red Hat attire! Purple shirts, red hats, boas, feathers, and bling. Let's show off our red hat attitudes and style! Volunteers will be needed for breakdown of the float after the parade.

Wishing you a Happy Spring!

Every visit to the Senior Center counts!

Make sure to sign in on the touchscreen each time you visit, choosing ALL of the activities you plan on attending for the day. The better the numbers, the more likely we are to get funding through grants. And of course, if you are having trouble, we are more than willing to help!

EVERYBODY SHOULD READ THIS!!!

Submitted by a Fellow Senior

Lauren was 19 years old and in college. This story takes place over the Christmas/New Year's holiday break. It was the Saturday before New Year and it was about 1.00pm in the afternoon, and Lauren was driving to visit a friend, when an UNMARKED police car pulled up behind her and put its lights on.

Lauren's parents have 4 children (of various ages) and have always told them never to pull over for an unmarked car on the side of the road, but rather wait until they get to a service station, etc. So Lauren remembered her parents' advice, and telephoned 112 from her mobile phone. This connected her to the police dispatcher she told the dispatcher that there was an unmarked police car with a flashing blue light on his rooftop behind her and that she would not pull over right away but wait until she was in a service station or busy area.

The dispatcher checked to see if there was a police car where she was and there wasn't and he told her to keep driving, remain calm and that he had back-up already on the way. Ten minutes later 4 police cars surrounded her and the unmarked car behind her. One policeman went to her side and the others surrounded the car behind. They pulled the guy from the car and tackled him to the ground... The man was a convicted rapist and wanted for other crimes.

I never knew that bit of advice, but especially for a woman alone in a car, you do not have to pull over for an UN-MARKED car. Apparently police have to respect your right to keep going to a 'safe' place. You obviously need to make some signals that you acknowledge them I.e., put on your hazard lights) or call 112 like Lauren did.

Too bad the mobile phone companies don't give you this little bit of wonderful information. So now it's your turn to let your friends know about 112 (112 is an emergency number on your mobile that takes you straight to the police because 999 does not work if you have no signal). This is good information that I did not know!

Mass 2-1-1 is an easy to remember telephone number that connects callers to information about critical health and human services available in their community. It serves as a resource for finding government benefits and services, nonprofit organizations, support groups, volunteer opportunities, donation programs, and other local resources. Always a confidential call, Mass 2-1-1

maintains the integrity of the 9-1-1 system saving that vital community resource for life and death emergencies.



It is available **24 hours a day, 7 days a week**, and is an easy way to find or give help in your community.

Mass 2-1-1 responds immediately during times of crisis, to field calls regarding the crisis and to direct callers to services most appropriate for their needs. If you are unable to reach 2-1-1 due to your telephone or cell phone carrier a toll-free number is available: **1-877-211-MASS (6277)**; Hearing Impaired: **508-370-4890 TTY**.



NEW LAW- *Headlights must be on when windshield wipers are on and must also be used 30 minutes before sunrise, sunset.*

A new Massachusetts law, which went into effect on April 7th, mandates that drivers turn headlights on when the vehicle's windshield wipers are needed. The law also says headlights should be in use 30 minutes before sunrise and sunset or when visibility is under 500 feet. Drivers can be ticketed for failing to comply with the new headlight law, and it is considered a minor surchargeable traffic violation, which may result in increased insurance premiums.

MAY 2015 – SPECIAL EVENTS & SCHEDULE CHANGES

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<div>1</div> <div>9:30-11am – Parkinson’s Support Group</div>	<div>2</div>
<div>3</div> <div>8-11:30am- Friend’s of the Elderly Breakfast Benefit</div>	<div>4</div> <div>2-6pm– Intake Night for Consignment Shop 6pm– Red Hat Chinese</div>	<div>5</div> <div>8:45am– TOPS Coronation of Queen</div>	<div>6</div> <div>7am departure- Foxwoods</div>	<div>7</div>	<div>8</div>	<div>9</div>
<div>10</div> <div>HAPPY MOTHER’S DAY!</div>	<div>11</div> <div>12:30pm– Cootie Party 6pm– Silvertone’s Band Practice</div>	<div>12</div>	<div>13</div> <div>GAC Trip to Villa Roma. 5/13- 5/15</div>	<div>14</div> <div>9:30am– Men’s Group</div>	<div>15</div> <div>7pm– Tewksbury Historical Society “Music of the War World II Era”</div>	<div>16</div> <div>5:30am departure– NYC Day Trip</div>
<div>17</div>	<div>18</div> <div>10am– MS Support Group 11:30am– DJ Jon Dance</div>	<div>19</div> <div>10-11am– Senator L’Italian Office Hours</div>	<div>20</div> <div>12:30pm– COA Board Meeting</div>	<div>21</div> <div>9am-3:30pm– Foot Care Clinic</div>	<div>22</div> <div>8:30am start-Parade Float Assembly. Senior center closed 7pm–Silvertone’s Dance</div>	<div>23</div>
<div>24</div>	<div>25</div> <div>Memorial Day Parade Senior Center Closed</div>	<div>26</div> <div>9:30-11am– Rep Miceli’s Office Hours</div>	<div>27</div>	<div>28</div> <div>9:30am– Men’s Group</div>	<div>29</div>	<div>30</div>
<div>31</div>						

DO YOU SUFFER FROM FOOT PAIN?

The **Foot Health Center of Merrimack Valley** is the most advanced Podiatry Practice in the area. Our team of 3 Board Certified* Podiatrists offer state of the art technology at our two convenient locations. We provide excellence in our Specialty and have a Passion for putting our patients first.

We can Help! Call us today with any foot pain related issue

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FUNGAL TOENAILS • PLANTAR FASCIITIS • RECONSTRUCTIVE SURGERY**



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Christine Dalrymple, DPM
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**Foot Health Center of
Merrimack Valley, PC**

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451 Andover St., #209
N. Andover, MA 01845
978-686-7623

Senior's Texting Code*Submitted by Bob Noel*

ATD: At the Doctors
 BFF: Best Friend Fell
 BTW: Bring the Wheelchair
 BYOT: Bring Your Own Teeth
 FWIW: Forgot Where I Was
 GGPBL: Gotta Go Pacemaker
 Battery Low
 GHA: Got Heartburn Again
 IMHO: Is My Hearing-Aid On
 LMDO: Laughing My Dentures Out
 OMMR: On My Massage Recliner
 OMSG: Oh My! Sorry, Gas
 ROFLACGU: Rolling On Floor Laughing And
 Can't Get Up
 TTYL: Talk To You Louder



S	N	G	H	W	Y	N	E	K	C	I	H	C	H
C	R	T	R	O	I	I	G	G	E	H	I	S	C
A	I	I	E	I	T	S	L	N	A	N	I	P	A
L	S	U	C	L	T	D	C	O	O	S	H	L	N
L	O	P	O	E	E	S	O	R	C	M	U	I	I
O	T	D	A	N	H	M	A	G	E	C	L	A	P
P	T	K	T	R	G	C	O	S	P	P	O	A	S
S	O	L	M	H	A	M	B	U	R	G	E	R	S
H	W	T	E	M	P	G	D	O	E	G	T	Y	B
R	B	E	A	N	S	D	U	C	D	P	U	V	N
I	C	P	L	T	I	S	U	S	W	A	R	A	O
M	D	H	O	N	O	A	P	U	O	S	K	R	C
P	N	G	G	R	S	E	E	O	H	R	E	G	A
P	A	N	C	A	K	E	S	C	C	L	Y	T	B

Two elderly women were eating breakfast in a restaurant one morning. Ethel noticed something funny about Mabel's ear and she said,

"Mabel, did you know you've got a suppository in your left ear?" Mabel answered, "I have a suppository?" She pulled it out and stared at it.

Then she said, "Ethel, I'm glad you saw this thing. Now I think I know where my hearing aid is."

ASPARAGUS	BACON	BEANS
BROCCOLI	CHICKEN	CHILI
CHOWDER	COUSCOUS	CREPE
EGG	GRAVY	GRITS
HAMBURGER	HOT DOG	MACARONI
OATMEAL	OMELET	PANCAKE
PORK	POTATOES	PUDDING
RICE	RISOTTO	SALMON
SAUCE	SAUSAGE	SCALLOPS
SHRIMP	SOUP	SPAGHETTI
SPINACH	STEAK	TURKEY

UPCOMING DAY TRIPS

Date	Bus Leaves	Trip	Cost	Tickets
May 16, 2015	6:00AM	Statue of Liberty Ellis Island 9-11 Memorial	\$89 per person	SOLD OUT
June 6, 2015	8:30AM	Battleship Cove	\$56 per person	Available Now
June 17, 2015	3:00PM	Hampton Beach Continental	\$15 per person	Available Now
July 8, 2015	9:30AM	Fosters Lobster Isle of Shoals	\$97 per person	Available Now
July 22, 2015	10:00AM	Boston Duck Tour Lunch Fire & Ice	\$62 per person	Available Now
August 19, 2015	8:30AM	Essex Steam Train Connecticut River	\$89 per person	Available Now
September 23, 2015	8:30AM	Salem Cross Inn Tour	\$73 per person	Not Available
October 14, 2015	10:00AM	Easthill Farm Octoberfest	\$76 per person	Available Now
November 4, 2015	TBD	Nashoba Wine	TBD	Not Available

Friends of the Elderly, Inc.*Submitted by Linda Brabant*

Once again we remind everyone that the Friends will be holding two Breakfast Benefits to raise funds for the Senior Citizen's participation in the Memorial Day Parade. We are hoping that you will be able to help with this effort. The first Breakfast Benefit will be held on Sunday, May 3rd from 8:00 to 11:30 AM at the Tewksbury Senior Center. The menu will include: pancakes, bacon, sausage, scrambled eggs, homefries, beans, toast, beverages and Red/White/Blue Waffles. (Maybe even some corned beef hash.) Tickets are now available at \$8 per adult and \$4 for children 6 to 12. Children 5 and under are free. Adult tickets at the door will be \$9. One can save by purchasing their tickets at the Senior Center prior to the event. The second Breakfast event benefiting the Seniors participation in the parade will be held on Sunday, June 14th from 8:00 to 11:30 AM again at the Senior Center. The menu will be the same in June with the exception of the R/W/B waffles. In its place will be a fresh fruit salad. Mark you calendars!

A Friends Foxwoods day trip will take place on Monday, June 1st. Ticket sales will begin on Monday, May 11th at 8:15 AM. The trip cost is \$30 and includes motor coach transportation, a casino package and the driver gratuity. Watch for news on the Friends up-coming Summer Yard Sale.

Some Things That I've Learned..... (From Barbara A. to Linda B. to pass along or keep in your heart!)

- That the best classroom in the world is at the feet of an elderly person.
- That being kind is more important than being right.
- That sometimes all a person needs is a hand to hold & a heart to understand.
- That everyone you meet deserves to be greeted with a smile.
- That when you harbor bitterness, happiness will dock elsewhere.
- That a smile is an inexpensive way to improve your looks.
- That one should keep his words both soft and tender, because tomorrow he may have to eat them.

God Bless our Troops – God Bless America

GAC News*Submitted by Rose McKenna*

Well, well, well we finally we had better, although rainy weather and we don't have to worry about snow falling— the rain even looks beautiful!

So this past month we had our annual penny sale. The day started off with rain but by noon we had sun. That made for a perfect day. A lot of our Seniors donated beautiful items, baskets, and gift certificates for the sale. The Entertainment Committee sorted out everything and worked very hard setting everything up for the sale. The day was a big success. A lot of people went home smiling.

Without all your help and donations none of this could have happened and we THANK YOU ALL very much. All of the proceeds will be given out in scholarships to our graduating grandchildren who are furthering their education. Those graduating seniors who are eligible are grandchildren of our paid up members of the Golden Age Club. Ask any member of the GAC how you can join.

This month the Golden Age Club is running a trip to the Catskills. Look on the GAC bulletin board for new trips. The next big event that we will be having is July 14th. It will be our annual cookout. Tickets need to be bought ahead of time so that we know how much food to prepare.

There will be no GAC meeting in May. Regular meeting in June, taking place on the 9th. In July we will have our cookout on the 14th.

Summer is almost here... Go out and enjoy!

Elder Services of the Merrimack Valley, Inc.*Choices for a life-long journey*

"A private non-profit agency serving elders and disabled adults who reside in Northeast Massachusetts. Established in 1974, [their] mission is to support an individual's desire to make their own decisions, secure their independence, and remain living in the community



Douglas W. Sears Esq.
Counselor & Attorney-at-Law
How Can I Help You?
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978-376-7390

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Estate Planning • Probate • Slip and Fall

Office: 1445 Main St., Tewksbury

Bayberry at Emerald Court
Assisted Living & Memory Care



Keep your independence,
but we'll be there to help!
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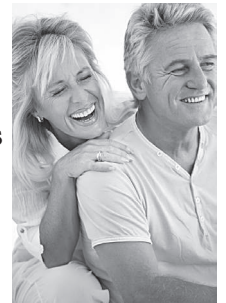
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Each year on Memorial Day a national moment of remembrance takes place at 3:00 p.m. local time. It is unclear where this tradition originated, numerous different communities may have independently initiated the memorial gatherings. Nevertheless in 1966 the federal government declared Waterloo, New York the official birthplace of Memorial Day. Waterloo was chosen because it hosted an annual community-wide event, during which businesses closed and residents decorated the graves of soldiers with flowers and flags.

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